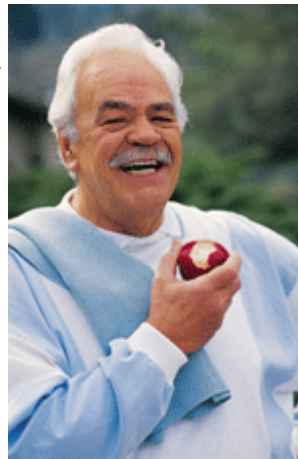


It Has Become My Way of Life

At the age of 36 I was diagnosed with lower colon problems. I could no longer eat fried foods, cheese, ice cream, red meat and no caffeine. At the age of 38 during a yearly check-up I found out I had high cholesterol. Per my doctor's recommendation, my wife and I attended a class on eating low-fat foods. Added to the list of things I could no longer eat was milk, white bread, pop and I had to limit my intake of cookies, cakes and candy. My mother was a diabetic and died of a stroke so that has to be watched as well.

Now I drink soy milk with my high fiber cereal and oatmeal, eat whole grain bread and drink green tea instead of coffee and pop. I eat fish, chicken, turkey, vegetables and fruit. The food is not fried, no cheese and no red meat. I have a small glass of red wine every day. This has proven helpful to my wife as well. She is in excellent health, weighs 110 pounds and is 5 foot tall.



For the past 22 years I have worked out 2.5 times a week at the YMCA. I get on the cross-trainer, do bench aerobics, cross-country, swim, walk and bicycle. I also work-out on the machine weights. I weigh 192 pounds at 5' 10" and will be 60 years old in July.

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